

**Step 3: Preparation and intake of dose 2 on \_\_\_\_\_ must be completed 3 hours before your appointment.**



Pour the contents of dose 2 sachet A and dose sachet B into a container. Fill it up to 0.5 litre with water.



Stir until the powder has dissolved.  
**This process can take up to 8 minutes.**



In addition, add at least 1,0 litre of clear liquid

Alternate between drinking PLENVU® and the additional clear liquid **slowly and in sips** over 1 hour.



1 hour

**The day of the examination**

You should start your preparations early enough to allow time for the journey to the endoscopy practice at the Wolfart Clinic, Ruffiniallee 17 in Gräfelfing.

You should arrive at the surgical center on time for the actual colonoscopy.

You **do not have to report to reception** at the Surgical Centre, but can go directly to the examination rooms, which are located one floor below.

Simply take a seat there.

Please bring your insurance card and the completed patient information form with you.

There may sometimes be unavoidable waiting times. To bridge these, please bring something to read with you. And, if your feet get cold easily, warm socks.

After the examination, you can recover in our recovery room and, unless otherwise agreed, you can eat and drink whatever you like.



PLENVU® App



PLENVU® preparation film



PLENVU® Website

Prof. Dr. Carsten Otto  
Dr. Gottfried Fischer

Endoscopic  
Gräfelfing practice

in the Wolfart Clinic  
Ruffiniallee 17



Prof. Dr. Carsten Otto  
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Internal medicine  
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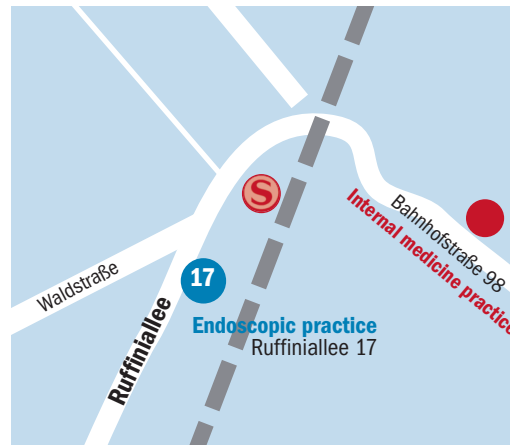


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**Endoscopic Gräfelfing practice**

in the Surgical Centre of the Wolfart Clinic

Ruffiniallee 17 · D-82166 Gräfelfing



Information on the  
**colonoscopy**  
and possibly gastroscopy

Dear patient

on \_\_\_\_\_ you should be at Ruffiniallee 17

at \_\_\_\_\_

**(Please be there 15 minutes before the appointment.)**

as a colonoscopy is planned, possibly together with a gastroscopy.

This information is intended to explain the best way to prepare for the examination; further details can be found in the „Documented patient information“ that we have given you.

We have prescribed you to take **PLENVU®**. The medication is a powder to prepare a colonic irrigation solution consisting of dose 1 (1 sachet) and dose 2 (2 sachets). This is dissolved in water, drunk and it rinses your bowels clean. Clear stools are the desired effect so that your doctor has a clear view of the bowel and therefore the best conditions for successful colon irrigation.

**Important information**

**If you have received a stent within the last year (after a heart attack or due to acute heart disease), suffer from diabetes or atrial fibrillation or are taking an anticoagulant medication such as Xarelto, Eliquis, Lixiana or Marcumar, a special procedure must be determined for you - please contact us.**

You will take your other usual medication as normal on the day before the colonoscopy, but only in the evening 2 hours after you have finished taking the laxative and on the day of the colonoscopy after the examination has been completed. If possible, avoid taking painkillers such as aspirin, ibuprofen or diclofenac for 5 days before the procedure. If you are taking clopidogrel, prasugrel or ticagrelor, please contact us. Preparation for the colonoscopy may impair or even cancel out the effect of the medication you are taking, especially the contraceptive pill.

Please stop taking iron supplements, as they can reduce visibility in the colon.

**Please remember that you are not allowed to drive on the day of the examination and are not legally competent if you wish to take a sedative or sleeping pill!**

**In this case, you will need someone to pick you up or you should take a taxi home.**

**Tips for taking**

Under no circumstances should you drink the solution quickly so that you can „get it over with quickly“. This could make you feel sick. **Do not empty the glass in one go, but sip it slowly. Allow at least 1 hour for this.**

**Instructions for use of PLENVU®**



Take a sip of PLENVU® alternately with a sip of another clear liquid.



Drink warm tea before taking it to prepare the stomach.



Drink with a tart flavour, e.g. green tea, lemon balm tea or clear apple juice.



Drink PLENVU® chilled from the fridge.



Drink with a straw or from a drinking bottle.



Chewing gum, menthol sweets or sucking slices of lemon or orange may be good for you.

**Step 1: Diet in the days before the examination**



**From 3-5 days before the examination, the following is not allowed:**

**foods containing seeds such as:** poppy seeds, wholemeal products, breaded foods, tomatoes, peppers, grapes, raspberries, etc.



**Up to 1 day before the examination is permitted:** Light low-fibre food such as: cooked lean meat, fish, rice, pasta, potatoes, soy and tofu, butter, white bread, yogurt, cheese.

**The last light meal should be on \_\_\_\_\_ eaten by 1 p.m.**

**Drinking around the day of examination**



**Permitted clear liquids**  
Water, tea (herbal, ginger, black tea), coffee without milk, clear fruit juices without fruit pulp, clear soups.



**Liquids not permitted**  
Red or purple colored drinks, drinks with fruit pulp, carbonated drinks, alcohol, milk, clear soups with garnish.

**IMPORTANT! Do not drink any liquids from 2 hours before the examination!**

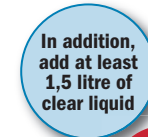
**Step 2: on \_\_\_\_\_ between 4 and 7 p.m. Preparation and intake of dose 1**



Pour the contents of dose 1 into a container. Fill it up to 0.5 litre with water.



Stir until the powder has dissolved. **This process can take up to 8 minutes.**



**In addition, add at least 1.5 litre of clear liquid**



**1 hour**

Alternate between drinking **PLENVU®** and the additional clear liquid **slowly and in sips** over 1 hour.